

# Irving Recreation Center Day Camp Newsletter

## Important Reminders

Our camp rules are:

- Be safe
- Be respectful
- Be responsible

Pack a sack lunch for your child in an insulated container. Microwave use will not be an option.

Wear tennis shoes to camp. Sandals and flip-flops are not safe options for camp activities.

Leave valuables at home (including money, cell phones, portable video games, etc.)

Label sunscreen and water bottles with your camper's name.

Do not hesitate to ask when you have questions or comments.

## Contact Us

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## Grades K-2

### Integrity and Perseverance

Being a Kid of Character takes a lot of work and lots of practice. This week our goal is to teach the kids about what it means to have integrity and how to persevere in hard times. Make sure you check out the "Question of the Day" bulletin board to find out what we're learning.

### THIS WEEK'S HIGHLIGHTS

#### Monday

In the morning we will be doing fitness tests. From 11:30-1:00 we will go swimming at Irvingdale Pool. Please bring your swimsuit, towel, and sunscreen. In the afternoon we will be doing centers.

#### Tuesday

In the morning we will be playing active and inactive games. This week we'll have two groups for tennis lessons; one from 10:30-11:15 and one from 11:15-12:00 pm. In the afternoon we'll be having clubs and fitness tests.

#### Wednesday

In the morning we'll do stretching and active games. From 11:30-1:00 we will go swimming at Irvingdale Pool. Please bring your swimsuit, towel, and sunscreen. In the afternoon we will be doing centers.

#### Thursday

In the morning we'll have a character lesson and play active games. We'll have lunch at 11:30 and then leave for our field trip to the Champions Fun Center about 12:30 p.m. and return to the center at approximately 3:00 p.m. Every child will get a bracelet to go on the Adventure Maze and everyone will get 10 tokens to use on the arcade games.

#### Friday

In the morning we'll be doing a character lesson and a club. From 10:00-11:00 we'll have tennis lessons. In the afternoon we'll be walking to the library and playing inactive games. Please send your camper with a library card if possible. Campers are not allowed to share their library card with a friend.

### Fitness Focus: Muscular Strength

-Alexa, K-2 Camp Director